This guide covers only a few places of northern Japan, or "Tohoku" (東北) as it's called in Japanese, namely, the Towada-Hachimantai National Park shared by Aomori, Akita and Iwate Prefectures.

This park, 85,411 ha. in area, is made up of 2 separate areas of Lake Towada and the Hachimantai Plateau, touching on the borders of Aomori, Akita and Iwate Prefectures. This district is blessed with natural wonders, which have been left unmanned to this day.

Abundant Onsen (hot springs) are natural blessings of the district, forming relaxing Onsen here and there. Most of them are small and unsophisticated, giving you a chance to meet local people and experience real country life. A bus network covers all the tourist spots, but service is not very frequent and in some areas it is suspended during the wintertime due to heavy snow and a cold climate. Also bus schedules often change with the seasons. It is good to remember this when you plan a trip to this district.

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Access:

By Air

<table>
<thead>
<tr>
<th>From</th>
<th>To</th>
<th>Operated by</th>
<th>Approx. Travel Time</th>
<th>Access to Downtown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haneđa (Tokyo)</td>
<td>Aomori Airport</td>
<td>JAL</td>
<td>1 hr. 25 min.</td>
<td>[By Aomori Sta.]</td>
</tr>
<tr>
<td>Itami (Osaka)</td>
<td></td>
<td>JAL, ANA</td>
<td>1 hr. 40 min.</td>
<td>By Bus</td>
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<tr>
<td>New Chitose (Sapporo)</td>
<td></td>
<td>JAL, ANA</td>
<td>45 min.</td>
<td>35 min. ¥770</td>
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By Rail (JR)

<table>
<thead>
<tr>
<th>From To</th>
<th>By</th>
<th>Approx. Travel Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tokyo Sta.</td>
<td>Morioka Sta.</td>
<td>2 hrs. 20 min. (Hayabusa)</td>
<td>¥15,010 (Hayabusa)*</td>
</tr>
<tr>
<td>Tokyo Sta.</td>
<td>Shin-Aomori Sta.</td>
<td>3 hrs. 10 min. (Hayabusa)</td>
<td>¥17,670 (Hayabusa)*</td>
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<tr>
<td>Morioka Sta.</td>
<td>Towada-Minami Sta.</td>
<td>2 hrs.</td>
<td>¥2,000 / ¥2,180</td>
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<tr>
<td>Tokyo Sta.</td>
<td>Towada-Suzawako Sta.</td>
<td>2 hrs. 55 min.</td>
<td>¥16,470*</td>
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</table>

*Fare & express charge (with seat reservation, normal season).

Transportation within Towada-Hachimantai National Park

<table>
<thead>
<tr>
<th>From To</th>
<th>Approx. Travel Time</th>
<th>Price</th>
</tr>
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<tbody>
<tr>
<td>Aomori Sta.</td>
<td>Lake Towada</td>
<td>¥3,140</td>
</tr>
<tr>
<td>Hachimantai Sta.</td>
<td>Hachimantai Onsen</td>
<td>¥2,720</td>
</tr>
<tr>
<td>Morioka Sta.</td>
<td>Hachimantai Peak*</td>
<td>¥3,990</td>
</tr>
<tr>
<td>Towada-Suzawako</td>
<td>Tamagawa Onsen*</td>
<td>¥2,090</td>
</tr>
</tbody>
</table>

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*Available between late Apr. and late Oct. (Naïryu Nav).
**Nationwide Japan Rail Pass and regional JR East Passes are accepted.
LAKE TOWADA AREA

Lake Towada (十和田湖), one of the top scenic gems in Japan with its delicate sylvan beauty, many waterfalls and rapids, is the most popular tourist spot in the Tohoku district. The surrounding mountains and the 2 capes of Ogura and Nakayama projecting into the lake are bright with lush greenery in spring and ablaze in autumn with the crimson of maple leaves. For a closer look at the lake scenery you can take a sightseeing boat.

[Sightseeing boat] Course A: Between Yasumiya and Nenokuchi. Course B: From Yasumiya to Yasumiya (round). Fare: ¥1,430 per ride (50 min. each). Operation: Between late Apr. and early Nov.

Sukayu Onsen (酸ヶ湯温泉), 1 hr. 10 min. by bus from Aomori Sta., has been known for the curative powers of its mineral waters for over 300 years. The spa is famous for a gigantic bath called Sen’inburo (千人風呂 Bath for 1,000 people).

The Hakkoda Mountains (八甲田山), a high plateau consisting of a series of 1,300–1,585 m-high mountains, extend between Aomori City and Lake Towada. An aerial cable car goes to the 1,324 m-high Tamoyachi Peak in 10 min. from Ropeway-ekiake bus stop which is reached in 1 hr. by bus from Aomori Sta. The round-trip fare for ropeway is ¥2,000. The alpine plants growing in clusters, the virgin forests of acerose trees, marshes, swamps and Onsen scattered on the mountains attract many tourists.

Oirase Stream (奥入瀬渓流), 2 hrs. by bus from Aomori or 1 hr. 25 min. by bus from Hachinohe to Yakeyama, is the only stream whose source is in the lake. It flows north for about 14 km from the eastern shore of the lake, through a thickly wooded valley. A leisurely stroll of the 9-km-long promenade between Ishigedo and Nenokuchi is a “must” for a visitor to fully appreciate the wonder and beauty of this natural treasure. The areas in autumn are ablaze with tinted leaves, presenting one of the loveliest sights to be seen in the Tohoku district. Rental cycles are available at Nenokuchi and Yakeyama.

Lake Towada

SUGGESTED TOUR ITINERARY

1st Day:
3 hrs. 10 min. Tokyo ——— Shin-Aomori by bus
Tohoku Shinkansen "Hayabusa"
1 hr. 15 min. Sukayu Onsen by bus

2nd Day:
Sukayu Onsen ——— Yakeyama ——— Nenokuchi ——— Towadako by bus
55 min. walk

3rd Day:
50 min. Yasumiya ——— Nenokuchi ——— Hachinohe Sta. ——— Tokyo Sightseeing boat
2 hrs. 5 min. bus
2 hrs. 50 min. Tokyo ——— Tohoku Shinkansen "Hayabusa"

[Note] Please reconfirm the latest bus schedule before you visit.
Hachimantai Plateau (八幡平) is located to the south of Lake Towada and ranges over the prefectures of Akiita and Iwate. The plateau, chiefly composed of conide, aspite or aseptoidal volcanic cones such as Iwate, Koma, Hachimantai, Chausu and Yakeyama, maintains remnants of ancient volcanic activity here and there in the form of boiling mud pools as well as steam and smoke vents. Many of these places have been developed as hot spring resorts, primitive as they are, offering rest places for visitors.

Goshogake and Toshichi are the most favored of these resorts. The plateau offers ideal mountaineering and skiing and is noted for its abundance of natural wonders and its variety of alpine plants. The summit of Mt. Hachimantai (1,613 m) soaring in the approximate center of the plateau, can be easily reached by the Hachimantai Aspite Line, a 27.8-km-long road running across the plateau.

Goshogake Onsen (後生掛温泉), about 2 hrs. by bus from Tazawako Sta., is noted for its abundance of hot water. Here 7 types of bath and box-type steam baths are available. In the neighborhood such volcanic phenomena as “muddy volcano (doro-kazan)” and “hot-water swamp (oyunuma)” can be observed. Open: 9:00–16:00 Fee: ¥600

Goshogake Nature Trail (後生掛自然研究路) is a 2 km-long promenade allowing observation of the volcanic phenomena. Closed: Nov. – Apr.

Toshichi Onsen (藤七温泉), lying at an altitude of 1,400 m at the foot of Mt. Mokko which rises 3.5 km south of Mt. Hachimantai, serves as a base for springtime skiing. Closed: Late Oct. – mid Apr.

Horaikyo (蓮萊境), or “Land of Eternal Youth,” extending over the northern side of Toshichi Onsen, is a natural garden grown over with dwarfed pine trees and various alpine plants. The natural colors in early Oct. are particularly magnificent. There are also many fantastic rock formations. 40-min. trekking course is available.

Genta-mori (源太森), 20 min. on foot to the east of Mt. Hachimantai, commands a fine view of Hachiman-numa pond and other swamps below and Mt. Yakeyama (1,366 m) in the distance.

Hachiman-numa Pond (八幡沼), the only crater lake of an aspite volcano in Japan, comes in sight after 30-min walk from Hachimantai-chojo (top) bus stop. Walking around the pond takes about 1 hour while enjoying flowers. The alpine plants blooming in Jul. to Aug. are worth seeing.

[Note] Recommended to wear trekking shoes when you visit slippery nature trails.
Accommodations:

<table>
<thead>
<tr>
<th>Name of facilities</th>
<th>Tel.</th>
<th>Fax.</th>
<th>Room rate ($)</th>
<th>Name of facilities</th>
<th>Tel.</th>
<th>Fax.</th>
<th>Room rate ($)</th>
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<tr>
<td>Lake Towada:</td>
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<td>Hachimantai Plateau:</td>
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<tr>
<td>Shuzanzo (M)</td>
<td>(0555)62-5481</td>
<td>(0555)62-6071</td>
<td>¥</td>
<td>Hitou-no Yado (R)</td>
<td>(0186)31-2131</td>
<td>(0186)31-2002</td>
<td>¥</td>
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<tr>
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<td>(0176)75-2221</td>
<td>(0176)75-2225</td>
<td>¥</td>
<td>Satsui (R)</td>
<td>(0186)31-2311</td>
<td>(0186)31-2312</td>
<td>¥</td>
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<td>Towadasko Sansou (M)</td>
<td>(0176)75-2710</td>
<td>(0176)75-2819</td>
<td>¥</td>
<td>Goshogake Onsen Ryokan (R)</td>
<td>(0186)31-2221</td>
<td>(0186)31-2223</td>
<td>¥</td>
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<tr>
<td>Towadasko Grand Hotel (H)</td>
<td>(0176)70-6001</td>
<td>(0176)75-2252</td>
<td>¥</td>
<td>Hachimantai Kogen Hotel (R)</td>
<td>(0186)31-2011</td>
<td>(0186)31-2647</td>
<td>¥</td>
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<tr>
<td>Towadasko Lake view Hotel (H)</td>
<td>(0176)75-1500</td>
<td>(0176)75-1555</td>
<td>¥</td>
<td>Jyoun-so (R)</td>
<td>(0195)78-2256</td>
<td>(0195)78-2818</td>
<td>¥</td>
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<tr>
<td>Towadasko Prince Hotel (H)</td>
<td>(0176)75-3111</td>
<td>(0176)75-3110</td>
<td>¥</td>
<td>Hachimantai Rising Sun Hotel (H)</td>
<td>(0195)78-2170</td>
<td>(0195)78-2173</td>
<td>¥</td>
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<tr>
<td>Sukuji Onsen:</td>
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<tr>
<td>Sukuji Onsen (R)</td>
<td>(017)738-6400</td>
<td>(017)738-6477</td>
<td>¥</td>
<td></td>
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Remarks: ① - ⑤ correspond to those on the map page 2/4 & 3/4
H = Hotel
R = Ryokan
Y = Youth Hostel
M = Minshuku (family-run inn)

Rate per person
¥¥¥¥ = more than 15,000 yen
¥¥¥ = 8,001 yen - 15,000 yen
¥¥ = 8,000 yen or less

[Good to know] Admission and opening times at tourist attractions:
- Last entry to the most of attractions is 30 min. before the closing time.
- In general, if their weekly closing day (most are on Mon.) falls on a national holiday, they are open on the day and are closed on the following day after the holiday(s).
- Most are closed throughout a part of New Year holiday period (especially Dec. 29-Jan. 3).
- Please visit the official website of each place / your nearest tourism information center for the updates.

JNTO TIC (Tourism Information Center)

JNTO of Japan National Tourism Organization is your helping hand while in Japan. Its main services are providing travel information and free literature on Japan such as tourist spots, transportation, and suggesting tour itineraries, etc.

1F, Shin-Tokyo Bldg., 3-3-1 Marunouchi, Chiyoda-ku, Tokyo 100-0005
Tel: 03-3201-3331 (in Japan)
Open daily from 9:00 to 18:00 (Closed on Jan. 1)

TOURIST INFORMATION in the area
Aomori Tourist Information Center (JR Shin-Aomori Sta.):
140-2 Ishi-takam, Aomori city, Aomori Hours: 8:30-19:00 (17:00 on Dec. 31 & Jan. 1)
Tel: 017-752-6311

Iwate Tourism Association:
3F of Malos Bldg., 2-9-1 Morioka-ei Nishi-dori. Morioka city, Iwate Hours: 8:30-17:15
Closed: Weekends, national holidays & Dec. 28-Jan. 3

To find other Tourist Information Centers, visit https://tic.jn.to.gov.jp/

JNTO Website: https://www.jnto.go.jp

All information, including transportation schedules, fares, prices and accommodation charges which is contained in this leaflet is based on data as of November 2019, and is subject to change without notice. While every effort is made to ensure the accuracy of all information, regrettably errors do occasionally occur. Therefore, you should check with organizations concerned for updated and accurate information on your chosen destination. JNTO shall not be liable for any loss or damage of whatever nature that may arise as a result, directly or indirectly, from the use of any of the information or material contained in this leaflet.

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